

Issues : Exercise defeats Alzeheimers

PROGRAM INFORMATION REPORT

Name of Program: Your Life with Dr. Anna Marie #603

Date: 10/4/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie with episode #603

Brief Description

New research shows exercise is not only good for your physical
health but also your mental health. See how regular exercise
is helping ward off dementia and Alzeheimer's disease.

Issues : Humidity balance for home & health

PROGRAM INFORMATION REPORT

Name of Program: Your Life With Dr. Anna Marie #607

Date: 11/1/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

Brief Description

Northeastern Colorado is extremely arid and this episode resonates
as an in depth review was taken to determine how too much or too
little humidity can destroy your home and health. Advice on
finding the right balance was presented.

Issues : Battling Diabeties

PROGRAM INFORMATION REPORT

Name of Program: Your Life With Dr. Anna Marie #609

Date: 11/15/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie interviews a young diabetic woman.

Brief Description

How a young diabetic woman's passion for life is helping children
battling this chronic disease.

Issues : Avoiding heel pain
Avoiding workout mistakes

PROGRAM INFORMATION REPORT

Name of Program: Your Life With Dr. Anna Marie #611

Date: 11/29/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie and Fitness Expert Kevin Makeby

Brief Description

There are two and a half million Americans dealing with heel pain.
Detailed the latest FDA approved procedure to relieve the pain. Expert
shows the most common workout mistakes and how to avoid them.

Issues : Controlling chronic pain
Cholesterol cleaner

PROGRAM INFORMATION REPORT

Name of Program: Your Life With Dr. Anna Marie #612

Date: 12/6/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie and actor/comedian Jerry Lewis

Brief Description

Jerry Lewis tells how he finally took control of chronic pain
that plagued him for almost 40 years and shares his treatments.
A cholesterol cleaner technique is demonstrated that helps
people deal with extremely high cholesterol levels.

Issues : Qi Gong for Arthritis
Challenges with regaining hearing

PROGRAM INFORMATION REPORT

Name of Program: Your Life With Dr. Anna Marie #613

Date: 12/13/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie and former Miss America Heather Whitestone

Brief Description

Qi Gongis demonstrated as an exercise recommended by the Arthritis
Foundation for people suffering from arthritis. Additionally, Heather
Whitestone shares her story of the challenges of entering the world
of sound when her hearing is restored.

Issues : Chronic pain treatment
 Benfits of horseback riding

PROGRAM INFORMATION REPORT

Name of Program: Your Life with Dr. Anna Marie #614

Date: 12/20/07 Time: 10 am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Marie as host.

Brief Description

Chronic pain effects more people than heart disease and cancer
combined and this show introduces local viewers to a new technology
called rechargeable spinal cord stimulation therapy. Also, this episode
demonstrates how children with disabilities are being benefited
by horseback riding which is prevelant in agriculturally minded Logan County.

Issues : Caring for the Caregiver

Fertility Hope

PROGRAM INFORMATION REPORT

Name of Program: Your Life with Dr. Anna Marie #615

Date: 12/27/07 Time: 10am Length: 30 minutes

Regularly Scheduled Program? Yes or No (circle one)

Locally Produced Network Syndicated

(circle one)

Guest and Title

Organization City, State

Dr. Anna Marie as host and Stephanie Waddill

Brief Description

Surveys show 23% of households have at least 1 person who has cared
for a loved one in the past 12 months and this show highlights the
the needs of caregivers. Also, with more women delaying childbirth
this episode explores the medical and emotional issues of pregnancy
for older women.